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ABSTRACT

This unit, one in a series of packets of teacher and student materials for cooperative occupational education (COE) designed for special needs students, stresses to students the importance of taking care of themselves by maintaining good health, avoiding accidents, and making wise choices about the use of drugs and alcohol. The instructor material includes the following items: unit objectives, specific objectives, suggested activities, an outline of information given in the student instructional materials, transparency masters, a key to the unit review, and references. The student material contains objectives, an introduction, information sheets, assignment sheets (with activities such as matching, quizzes, and puzzles), and a unit review. Student materials and transparency masters are illustrated with line drawings. (KC)

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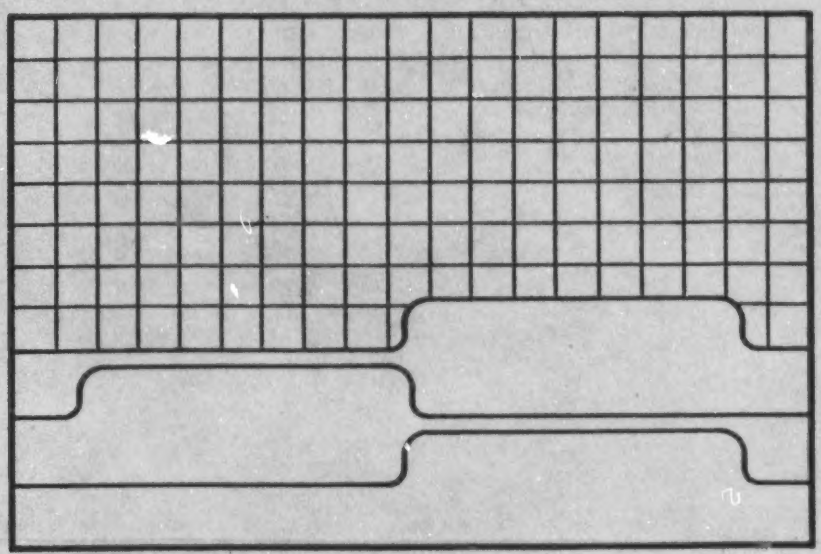
Cooperative Occupational Education

Instructor Material

and Student Material

Unit 18
Personal Safety



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INSTRUCTOR

COURSE TITLE - COOPERATIVE OCCUPATIONAL EDUCATION

SECTION E - MANAGING YOUR PERSONAL LIFE

UNIT 18 - **PERSONAL SAFETY**

UNIT OBJECTIVE

This unit stresses the importance to students of taking care of themselves by maintaining good health, avoiding accidents, and making wise choices about the use of drugs and alcohol.

SPECIFIC OBJECTIVES

1. Recognize seven good health habits.
2. Name three things you could do to take better care of your health.
3. List fifteen facts about accidents.
4. Identify drug terms.

SUGGESTED ACTIVITIES

I. Instructor

A. Prepare transparencies.

B. Discuss objectives.

C. Discuss Information Topics (IT 18-1, IT 18-2, IT 18-3)

D. Review Assignment Sheets (AS 18-1, AS 18-2, AS 18-3)

E. Administer and evaluate unit review.

F. Optional activities

1. Invite a health care worker to speak on good health for teenagers. It would be particularly helpful to inform all students about cancer detection tests and signs, and for the young women to be encouraged to begin getting yearly pap smears. Perhaps a simple health screening for blood pressure, etc., could be arranged after the talk.

2. Invite a speaker to discuss and demonstrate CPR. The Red Cross has a very fine new videotape on CPR. Interested students could either sign up for a CPR course, or perhaps a CPR course could be held at the school for students and faculty.

3. Invite a speaker from a drug or alcohol abuse agency or show a film on drug and alcohol abuse to reinforce the third section of this unit.

4. Invite speaker from local cancer society to show film about smoking or make a presentation about smoking.

II. Student

A. Read and discuss unit objectives.

B. Read and discuss Information Topics.

C. Complete and review Assignment Sheets.

D. Complete Handout 18-1.

E. Complete unit review.

INSTRUCTIONAL MATERIALS

I. Included in this unit

A. Objective sheet

B. Information Topic Sheets

1. IT 18-1: What You Should Know About: Good Health
2. IT 18-2: What You Should Know About: Avoiding Accidents
3. IT 18-3: What You Should Know About: Drugs and Alcohol

C. Student Handouts

1. HO 18-1: Emergency Information

D. Transparency Masters

1. TM 18-1: You Are Responsible for Your Good Health
2. TM 18-2: "I Drink Because It Makes Me Feel Good."

E. Assignment Sheets

1. AS 18-1: What You Have Learned About: Good Health
2. AS 18-2: What You Have Learned About: Avoiding Accidents
3. AS 18-3: What You Have Learned About: Drugs and Alcohol

F. Unit Review and key

II. References

A. Gooch, B. G., L. Carrier, and J. Huck. Work: Pathway To Independence. Chicago: American Technical Society, 1979.

B. Grimes, L. A. Jr. Students Personal Adjustment to Work. Austin, TX: University of Texas Instructional Materials Center, 1973.

C. Jacoby, G. P. Preparing for a Home Economics Career. New York: McGraw-Hill Book Co., 1979.

D. Kimbrell, G. and B. S. Vineyard. Succeeding in the World of Work. Bloomington, IL: McKnight Publshing Co., 1981.

E. Ohio Agricultural Education Curriculum Materials Service. Succeeding on Your First Job: Taking Care of Yourself. Columbus, OH: Ohio State University Printing Facility, 1977.

F. Ryder, Verdene. Contemporary Living. South Holland, IL: The Goodheart-Willcox Company, Inc., 1979.

PERSONAL SAFETY

UNIT 18

I. Good Health (IT 18-1) (AS 18-1)

A. Teenage years are an important time to maintain good health.

B. Good health habits to follow:

1. Have health check-ups
2. Good nutrition
3. Exercise and good posture
4. Enough sleep
5. Good hygiene
6. Good mental health maintenance
7. No smoking

II. Avoiding Accidents (IT 18-2) (AS 18-2) (HO 18-1)

A. The most serious accident injuries occur at home

B. Types of home accidents

1. Falls - caused by:

a. Stairs with no rails or unsafe rails

b. Stairs with poor lighting

c. Clutter on stairs or walkways

d. Slippery floors or sidewalks

e. Climbing on chairs or tables to reach things

f. Unsafe use of ladders

2. Fires - safety rules:

a. Don't use water to extinguish a grease fire.

b. Don't run if clothing is aflame - wrap and roll.

c. Don't waste time getting out of a burning building.

3. Electric shock from damaged cords or dropping an electric appliance into water

4. Cuts from power tools, knives, or glass

5. Burns from oven or woodstove

6. Gunshot from keeping guns around for "protection"

7. Choking on food

8. Poisoning from gas, food, or chemicals

C. Accidents away from home

1. Automobile accidents

a. These are the most deadly.

b. Drugs, alcohol, and driving speed are often involved

c. Road conditions, auto condition, and other people may cause accidents too.

d. Teenage males have a high accident rate.

e. Wearing seat belts is an important safety precaution.

2. Recreational accidents

a. Hunting accidents

b. Swimming and boating accidents

c. Bicycle, minibike, and motorcycle accidents

III. Drugs and Alcohol (IT 18-3) (AS 18-3)

A. These are two rather new safety problems to confront teenagers.

B. Learning the facts, making wise choices, and getting support in decision-making from parents and teachers are essential.

C. Kinds of drugs

1. Marijuana

2. Hashish

3. Stimulants - including cocaine, amphetamines

4. Depressants - including barbiturates, tranquilizers, alcohol

5. Heroin

6. LSD

7. PCP

D. Reasons why people start and continue using drugs and alcohol

1. Someone offers them some, involving peer pressure.

2. Curiosity

3. A good time

4. Escape from problems

E. Dangers of drug or alcohol abuse

1. Accidents

2. Legal problems

3. Family problems

4. School or job problems

5. Health problems

6. Alcoholism or addiction

PERSONAL SAFETY

UNIT 18

KEY TO UNIT REVIEW

A. 1, 3, 4, 6, 9, 10, and 12

B. Answers will vary.

C. Answers will vary.

D. 10
6
9
11
12
8
4
1
3
7
5
2

YOU are responsible for your good health

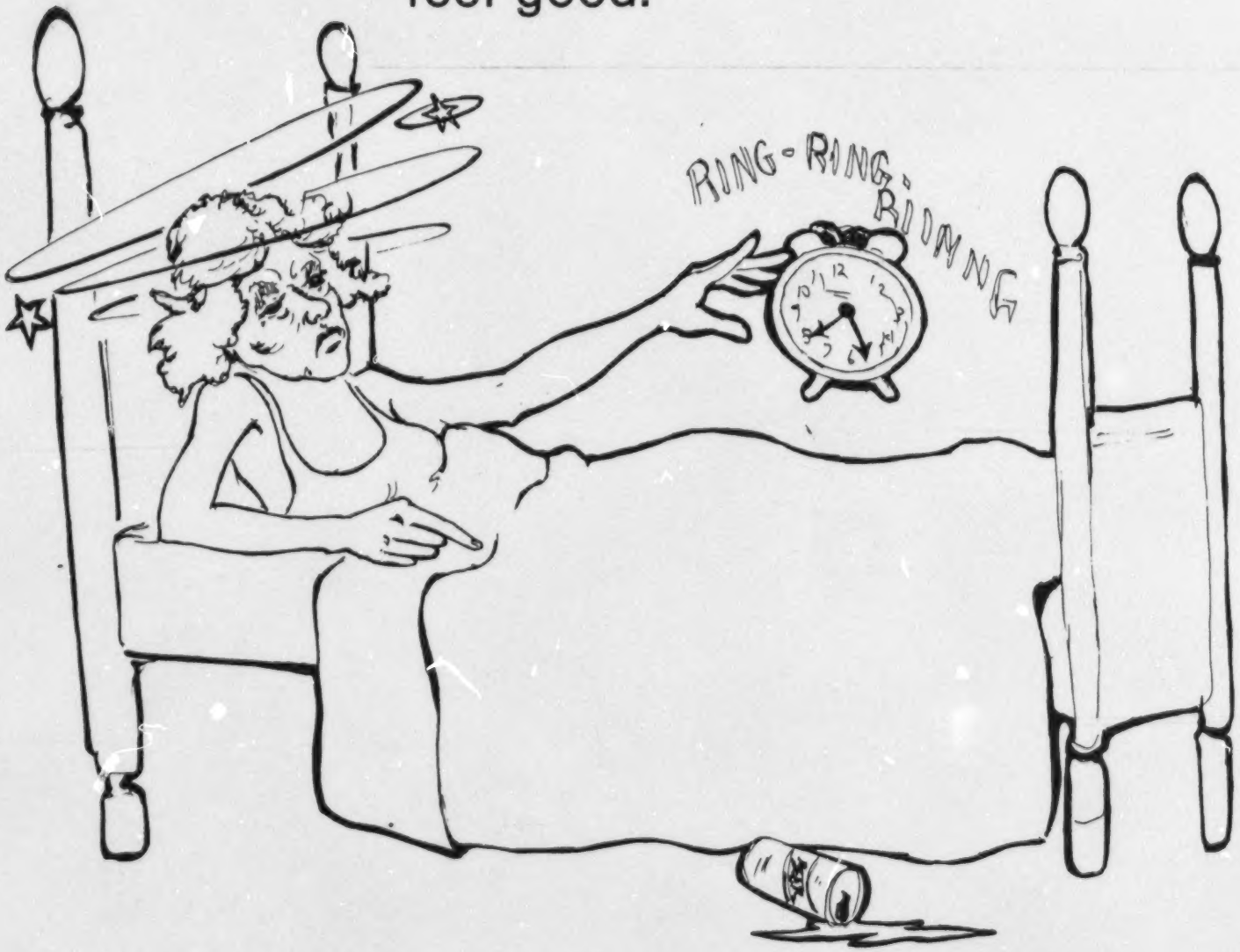
Get Plenty of Exercise

Eat Right

Stay Away from Drugs, Cigarettes and Alcohol

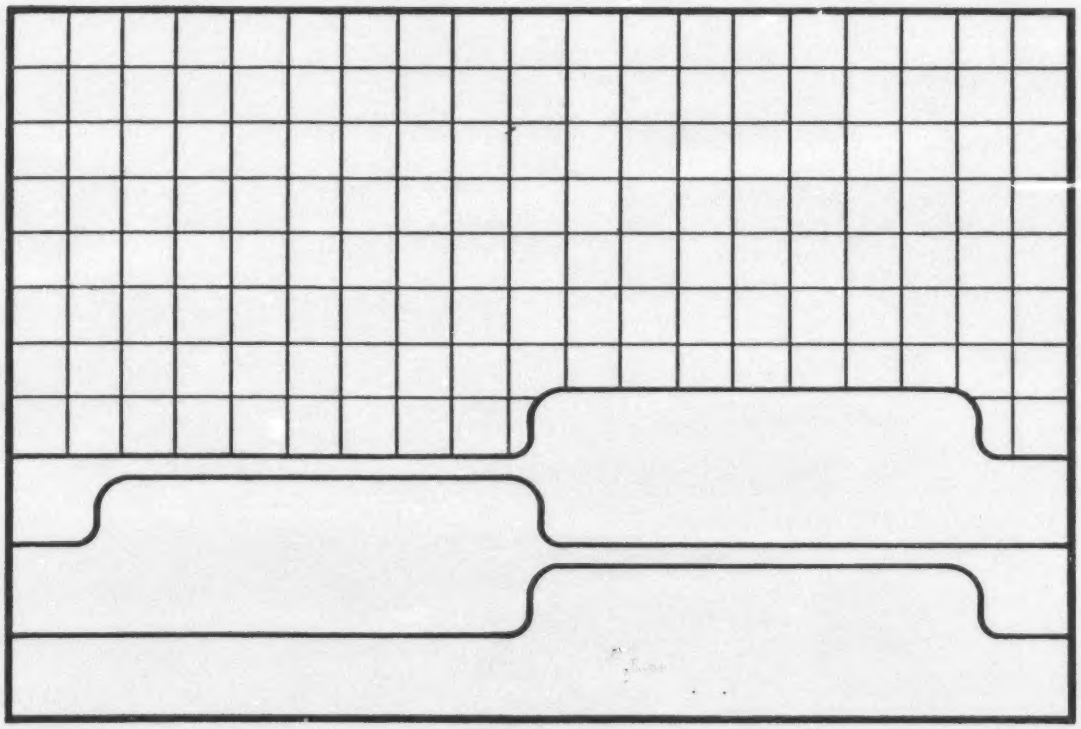
Drive Safely

"I drink because it makes me feel good."



Cooperative Occupational Education
student material

Unit 18
Personal Safety



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Personal Safety

- Recognize seven good health habits.
- Name three things you could do to take better care of your health.
- List 15 facts about accidents.
- Identify drug terms.

Introduction

Good health is important to be able to do the things you want to do and to live a long, full life. Accidents and drug abuse can change your life if you do not control how you live. This unit looks at some of the problems which accidents and drug abuse can cause and will show you some things to do to take care of yourself.

What You Should Know About
Good Health

Good health is worth more than almost anything, but many people don't give much time or energy to taking care of their health. Most teenagers are healthy but they are not very careful about staying that way.

Eating too much junk food and smoking are two things that many teenagers do. Both are bad for the health if they become habits. It is much better to work on good health habits in the teenage years. The good habits you form now will be of value to you for the rest of your life.

The following pages show some good health habits that everyone should have:

HEALTH CHECK-UPS

While you are a student, you usually have your eyes, teeth, and general health checked at school. You should also have your own personal doctor for when you are sick or injured. It is better to always go to the same doctor who knows your health history than to go to different doctors or to a hospital emergency room.

Young women in high school should go to a doctor once a year for a pap smear. This quick test is to check for cancer of the cervix, which can be treated if found early.

Seeing your dentist every six months, or at least once a year, will help prevent tooth decay and toothaches.

GOOD NUTRITION

Do you know anyone who has just a cup of coffee for breakfast? How about a breakfast of pop and potato chips? These are not the foods the body needs to begin work or school after going all night without food.

A nutritious breakfast makes a person more alert and gives more energy. You may also know people who have a steady diet of fast food--hamburgers, pizza, fries, and chocolate shakes. Or they may fill up on junk food like potato chips, candy, cakes, and pop. These people are not getting balanced diets. They are getting too many calories and too little nutrition.

Don't be a person who skips breakfast or eats a lot of junk food. Eat three balanced meals a day. A good diet keeps you healthy and keeps your weight in control.

EXERCISE AND GOOD POSTURE

The other part of keeping your weight in control and staying healthy is to get plenty of exercise. People who exercise have stronger hearts, better blood circulation and blood pressure, and more energy.

If you play any sports regularly, you are probably getting enough exercise. But if not, fast walking or jogging every day will keep you in good shape.

Good posture should also be a habit. Standing or sitting straight makes you look better and keeps your muscles from getting tired.

18-4

ENOUGH SLEEP

Getting enough sleep is basic to good health. Staying up too late makes it hard to get up in time for school or work. You should set your bed time so that you will get 7 or 8 hours of sleep. To get a better night's sleep, your mattress should be firm enough to give good support to your back.

GOOD HYGIENE

Have you ever sat next to a person who had a bad body odor, bad breath, or hair that needed washing? It's not much fun. People should be responsible for their own good personal hygiene. That means taking a bath or shower and using deodorant every day.

Brush your teeth in the morning and before bed. Keep your fingernails clean. Your hair should be washed often. Your clothes should be clean and smell fresh. Don't be the person that everyone moves away from!

GOOD MENTAL HEALTH

Your mental health has a lot to do with your physical health. Stress and worry can cause headaches, high blood pressure, or ulcers. Teenage years can be full of stress. Stress can lead some teenagers to drugs or alcohol to escape problems. Problems cannot be escaped. They must be worked out.

If you often feel too depressed, or under too much stress, talk to someone you trust, or see a counselor who is trained to help people deal with personal problems. It is much better to talk about what is bothering you than to keep it inside. Mental health is just as important as physical health, so take care of it.

NO SMOKING

Everyone now knows that smoking cigarettes is bad for your health. Ten times more smokers die of lung cancer than nonsmokers. Other lung diseases and heart disease come from smoking.

Every time you smoke a cigarette you shorten your life by 10 minutes. Not only is smoking a terrible health risk, it is also a very expensive habit.

18-6

Because smoking is such a hard habit to break, many smokers can't quit even when they know they should. Teenagers often smoke because they think it makes them look older, or they smoke because their friends smoke. Both are poor reasons for taking a health risk. Don't get trapped in the bad habit of smoking while you are a teenager. It is a trap that gets harder every year to escape. You get nothing good from it--only bad. So if you smoke--stop now. And if you don't smoke--don't start.

What You Have Learned About **Good Health**

Answer the questions below to see how much you care about health. If your answer is YES, circle the 2. If your answer is SOMETIMES or if you are NOT SURE, circle the 1. If your answer is NO, circle the 0.

		YES	SOMETIMES or NOT SURE	NO
1.	Is your weight about what it should be?	2	1	0
2.	Do you have your own doctor?	2	1	0
3.	Did you get over 7 hours of sleep last night?	2	1	0
4.	Do you take a bath or shower everyday?	2	1	0
5.	Do you avoid smoking?	2	1	0
6.	Do you eat breakfast every day?	2	1	0
7.	Do you get regular exercise?	2	1	0
8.	Are your fingernails clean right now?	2	1	0
9.	Do you have someone you can talk to when you feel bad?	2	1	0
10.	Do you drink less than 3 bottles of pop a week?	2	1	0
11.	Do you try to talk your friends and family out of smoking?	2	1	0
12.	Is your mattress a good, firm one?	2	1	0
13.	Do you use deordorant?	2	1	0
14.	Do you eat at fast food restaurants less than 2 times a week?	2	1	0
15.	Would you go to a counselor if you were depressed?	2	1	0
16.	Do you brush your teeth every day?	2	1	0
17.	Is your posture good right now?	2	1	0
18.	Have you been to the dentist in the past year?	2	1	0
19.	Are you aware of when your clothes need to be washed?	2	1	0
20.	Are you interested in keeping your health good?	2	1	0

Add up the numbers you have circled. If your total is from 40 to 28, you seem to care about health. A score of 27-15 means you should care more about health. A score below 15 shows that health is not important to you, and that you should begin right now to take better care of yourself.

YOUR SCORE _____

What are three things that you do to care for your health?

1. _____

2. _____

3. _____

What are three ways you harm your health?

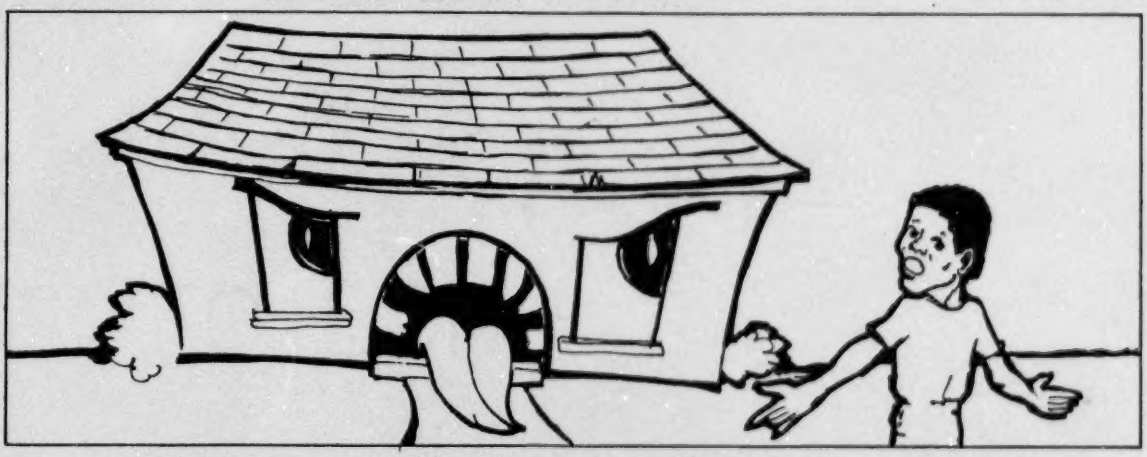
1. _____

2. _____

3. _____

What You Should Know About
Avoiding Accidents

You may be keeping yourself healthy by eating the right foods and getting enough sleep and exercise. But if you have an accident, your health could be gone in a moment. What if you stay away from dangerous places--will that help? Of course it will. But do you know that more serious injuries happen at home than anywhere else? It's hard to believe that until you look at what could happen at home.



FALLS
The most dangerous of home accidents. In fact, falls cause more deaths than any of the other home accidents. Falls are often caused by:

- things left to clutter up stairs or walk ways
- stairs with no rails, unsafe rails, or poor lighting
- climbing on chairs or tables to reach things
- slippery floors or sidewalks
- unsafe use of ladders

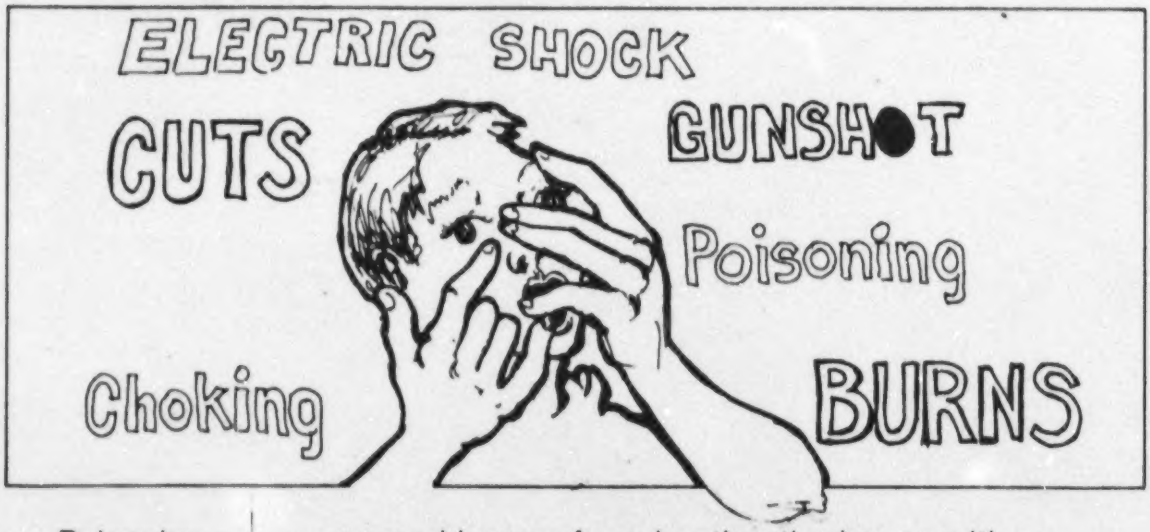
FIRE

Another great killer. Children and old people are more likely to be killed in fires than other age groups. People who don't know what to do in fires are often victims. Be aware of some rules about fire, and you will be safer if one happens.

Do not try to put out a grease fire with water. That will make it spread. It must be smothered. Do not run if your clothes catch fire. Wrap in a rug or blanket and roll to put out the flames. Do not waste time dressing or taking things out of a house that is on fire. Just get out quickly.

Many other kinds of accidents can happen at home. Here are some of the common ones:

Electric shock	-	caused by old cords or plugs or by dropping something electric, like a hairdryer, into the bathtub.
Cuts	-	when using tools like lawnmowers or saws, or from knives or broken glass.
Burns	-	from the oven or wood stove.
Gunshot	-	from keeping a gun around the house for "protection." Over 2,000 innocent people die this way every year.
Choking	-	from food caught in the throat.



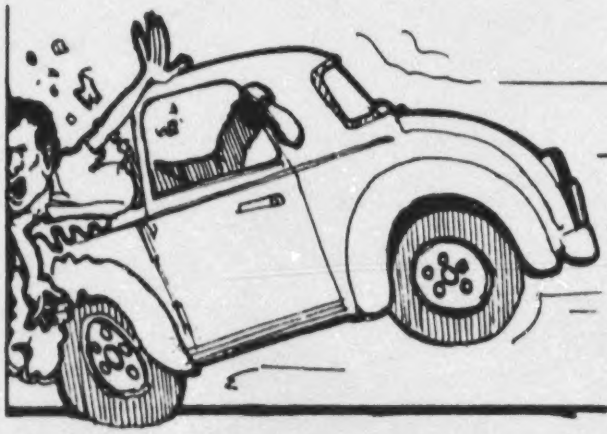
Poisoning
- caused by gas from heating the house with a gas oven, cooking indoors with charcoal, or leaving a car running in a closed garage.
- caused by swallowing the wrong medicine, poisonous food, or chemicals.

If so many accidents happen at home, is it safer to be away from home? Not if you are in a car. It is true that more serious injuries happen in home accidents, but more deaths happen in car accidents than in any other kind. Alcohol is involved in over half of all car accidents in which someone dies. Driving under the influence of drugs also causes accidents. Driving too fast and showing off in a car are dangerous, too. Drugs, alcohol, and high speed driving are all bad choices that smart drivers avoid.

Accidents can also be caused by slippery roads, bald tires, worn brakes, and other people's careless acts. Teenage drivers should be aware of all these risks, because teenagers, especially males, have a very high rate of car accidents. That is why car insurance is so expensive for young male drivers.

Many states want laws to raise either the drinking age or the driving age. They hope this will cut down on accidents caused by young drivers. Teenagers can prevent these law changes. Don't drive under the influence of alcohol or drugs. Don't speed or show off in a car. Drive in a way that shows you value your life and the lives of others.

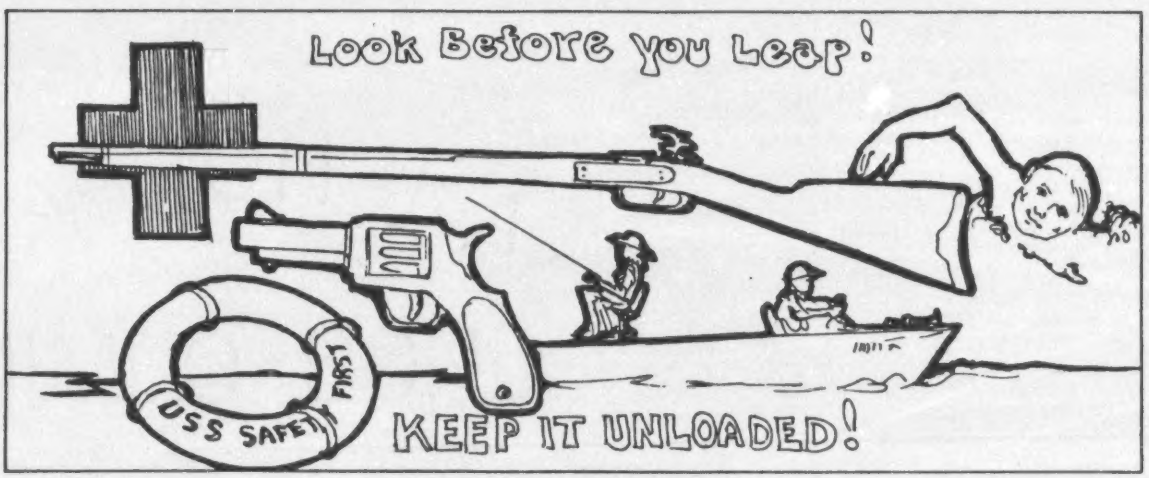
One last tip: SEATBELTS SAVE LIVES. Your chances of not dying if you are in a wreck are 10 times better if you have your seatbelt on. Few people have any idea of the force of a car crash. They may think they could brace themselves with their arms to avoid going through the windshield. This is impossible, even in a 30 mile per hour crash. To do this, a 150-pound person would have to use a force of 2,250 pounds.



This would be the same as doing a push-up with 15 people on top of you. More necks are broken from hitting the windshield in small crashes than are necessary. Wear your seatbelt. Don't risk your neck--or your life.

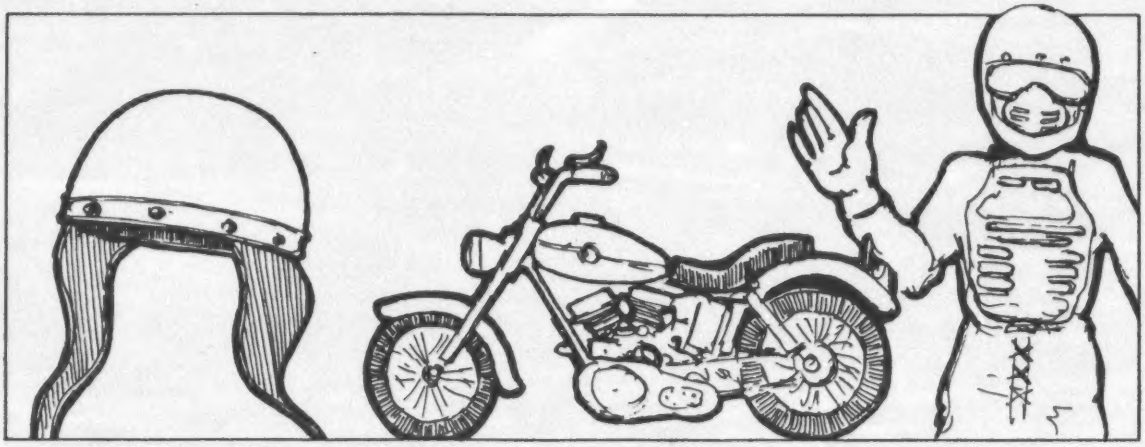
Besides in cars, how do accidents happen away from home? Many happen to people in recreation. Hunting is a sport where many accidents happen because of a loaded gun. If you hunt remember:

Keep your gun in good condition.
Your gun should never be loaded unless ready for firing.
Don't shoot at something just because you hear it--be sure you can see that it's not a person.
Wear orange hunter's clothing so others can see you.
At home, keep your gun locked up, unloaded, in a place children can't reach. Never treat your gun like a toy.



Water sports like swimming and boating can cause accidents. Always wear a life jacket when you are in a boat. Knowing how to swim is the best way to prevent drowning. But even good swimmers can drown with a cramp, a blow to the head while diving, or from careless horseplay in the water. Be safe by swimming in places where there is a lifeguard.

There are also bicycle, minibike, and motorcycle accidents. These happen to many young people who are not properly trained or are not careful in traffic. Accidents also happen because cars don't see you. Ride where there is not much traffic and be a careful driver. It is important to wear a helmet when riding a minibike or motorcycle. Most serious biking injuries are head injuries.



Accidents can happen in many places and in many ways. Most accidents can be avoided by people who are alert, careful, and who don't take risks.

What You Have Learned About **Avoiding Accidents**

Put an S in front of the statements that will bring SAFETY.
Put a D in front of the statements that will bring DANGER.

_____ 1. "I'm not sure that noise is a deer. I'll wait until I see it to shoot."

_____ 2. "Seatbelts wrinkle my clothes so I don't wear them."

_____ 3. "I always keep a loaded gun in the house. You never know when you'll need it."

_____ 4. "Let's check for rocks before we dive in."

_____ 5. "It will only take 15 minutes to mow this grass. I don't need my shoes."

_____ 6. "I'm riding home with Mary. She hasn't been drinking."

_____ 7. "Spray water at the stove! The bacon pan is on fire!"

_____ 8. "I don't need the ladder. Two boxes will get me high enough to reach it."

_____ 9. "Let's get the junk off these stairs and put it away."

_____10. "To warm up my car, I'll leave it running in the driveway, not in the garage."

HO 18-1

Directions: Print all information on this sheet very clearly with a wide felt-tip pen. Put down the telephone numbers, names, and addresses you would use in an emergency. Then keep this sheet next to your telephone at home.

Emergency Information

Special phone number for ALL emergencies _____
(if your town has one)

FIRE _____
phone number to call fire department
nearest alarm box is at

CRIME _____
phone number to call police

INJURY OR ILLNESS

doctor's name _____

office address _____ _____
office phone number

hospital _____

address _____ _____
hospital phone number

ambulance _____

address _____ _____
ambulance phone number

What You Should Know About **Drugs and Alcohol**

Today's teenagers face one big problem that their parents probably didn't have to deal with: drug and alcohol abuse. It is a fairly new problem, and one that causes many teenagers a lot of trouble. There are not easy ways to end this problem. Teenagers just have to learn the facts about drinking and drugs and then make wise choices. They also have to get support from their parents and teachers as they make those choices.

There are many different kinds of drugs around today. Here are some of them:

MARIJUANA
Known as "pot," "grass," "dope," "herb." It comes from a plant named "cannabis sativa." Smoking it causes a person to get "high." Some people smoke marijuana to cover up their worries about shyness, or coping with school or family. When it is used as a crutch like this, marijuana can be used too much. And abusers of it often are lazy, do poorly in school and don't get along with their families. Although people often depend on marijuana and it is habit-forming, it is not physically addictive like some drugs.

HASHISH
Or "hash." It comes from the same plant as marijuana, but it is more powerful.

STIMULANTS
A group of "uppers" that speed up the system. Cocaine and amphetamines are stimulants. But so are the caffeine in coffee and soda, and nicotine in cigarettes. Abuse of amphetamines like "speed" can wear out the body or lead to an overdose.

DEPRESSANTS
Sometimes called "downers" because they slow down the system. Barbiturates and tranquilizers are some of the pills in this group. Alcohol is also a depressant. We don't always think of it as a drug, but in fact, alcoholism is the country's number one drug problem. Addiction can result from abuse of depressants. Taking barbiturates and alcohol together can kill you.

HEROIN
Comes from the opium family and is strongly addictive. The body builds up a tolerance to heroin so that more and more of it is needed to get high. The expense of such a growing habit makes most heroin addicts steal to pay for their drugs. "Shooting" heroin into the veins with a needle can cause a disease called hepatitis. Overdoses and death are common with heroin abuse.

LSD
A very strong hallucinogen, sometimes called "acid." Using LSD is called "tripping." "Tripping" causes wild hallucinations. It may cause users to do some wild things that they can't stop themselves from doing. One young man "tripping" on LSD was sure he could fly out of a high window, but fell to his death. Another danger from LSD is that it can later cause birth defects in babies of people who have used this drug.

PCP
Mostly used in powder form and called "angel dust." This drug works on the central nervous system. A person can be depressed or stimulated by it, depending on the dose. It is a very dangerous drug that can cause users to become violent towards others or themselves. It can also lead to a coma or death.

With all the dangers, why do people use drugs or alcohol? Most people begin because someone offers them some. They may be at a party, or with friends who are drinking or smoking marijuana, and they want to fit in. Or they may want to find out what it feels like to get high.

There are many reasons why people keep on drinking or using drugs after the first time. Some do it because they think it's the way to keep their friends. Some feel it's an easy way to have a good time. Others want to escape from their problems by getting high.

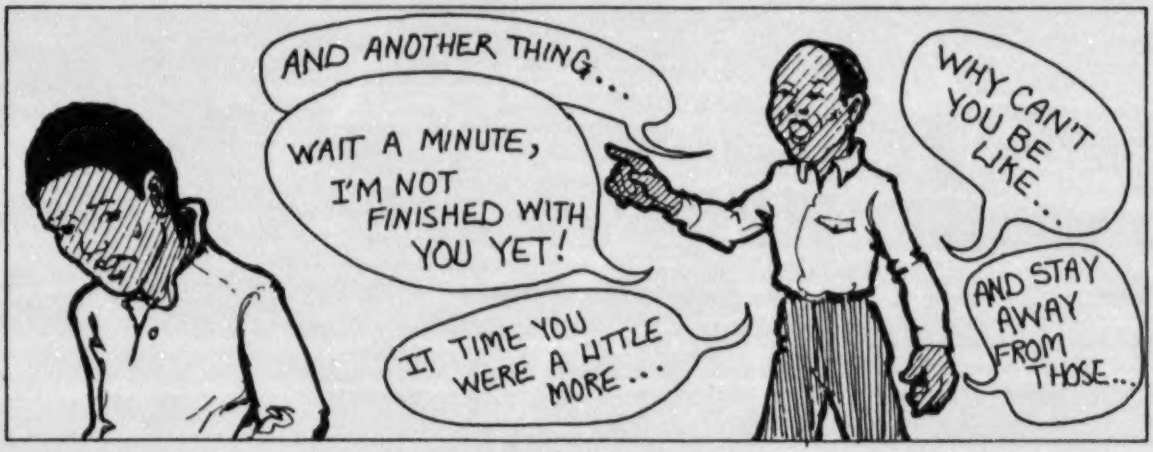
Teenagers may drink or use drugs to forget about the pressures of school or their family situation. Adults who can't find jobs or who are having marriage problems may think alcohol or drugs will make their problems go away.

The trouble is, problems don't go away when a person tries to make that happen by drinking or getting high. The problems usually get worse.

What can happen to a person who abuses alcohol or drugs?

ACCIDENTS
No one is as alert or careful when under the influence of alcohol or drugs. Accidents are more likely to happen.

LEGAL PROBLEMS
Accidents can lead to legal problems. So can drinking before the legal age. And of course all drug abuse is illegal, so buying, selling, or having any of the drugs listed above is against the law.


AND ANOTHER THING...
WAIT A MINUTE, I'M NOT FINISHED WITH YOU YET!
IT TIME YOU WERE A LITTLE MORE...
WHY CAN'T YOU BE LIKE...
AND STAY AWAY FROM THOSE...

FAMILY PROBLEMS
Drug or alcohol abuse can lead to abuse of children or marriage partners. Divorce rates are high in marriages when one partner is an abuser. Teenagers who drink too much or take drugs have hard times with their families, which may cause them to abuse drugs or alcohol even more.

SCHOOL OR JOB PROBLEMS
Doing a good job at school or work becomes very difficult for an abuser because it is hard to concentrate. It gets harder to get up for work each day. As a result, a person with drinking or a drug problem runs a high risk of failing or dropping out of school and losing jobs.

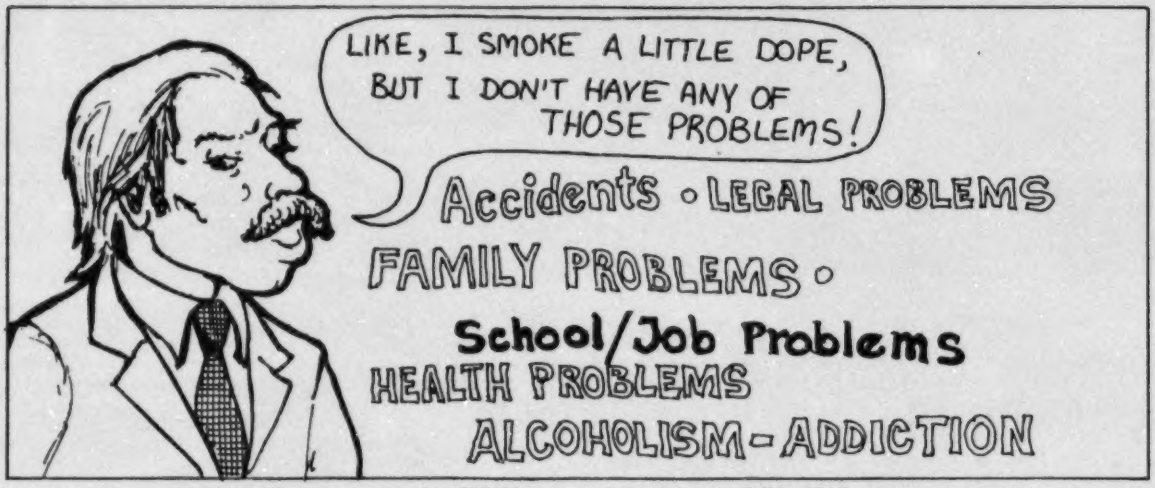
HEALTH PROBLEMS
Drug and alcohol abusers don't care very much about their health. They don't eat well and they get sick more easily. Their mental health is also in danger from the effects of the drugs or alcohol. But instead of getting help, they often drink more or take more drugs to be able to cope.

18-21

ALCOHOLISM OR ADDICTION

These terms mean the use of alcohol or drugs is beyond a person's control. Someone who cannot give up drinking is an alcoholic. A person who is "hooked" on drugs is called an addict. Outside help and treatment are the only hope at this stage. But often, alcoholics and addicts refuse help.

If you never try alcohol or drugs they can never cause you any problems. If you do try them, you could be taking the first step toward one or more of the problems above. You may be mature enough or lucky enough to never have an accident or a problem from using drugs or alcohol. But more and more teenagers every year are abusing these things. The bad results can follow them the rest of their lives.


LIKE, I SMOKE A LITTLE DOPE, BUT I DON'T HAVE ANY OF THOSE PROBLEMS!
Accidents • LEGAL PROBLEMS
FAMILY PROBLEMS •
School/Job Problems
HEALTH PROBLEMS
ALCOHOLISM-ADDICTION

Be aware of the risks. If you find yourself taking drugs or drinking alcohol often, you are on your way to a problem. If you drink or get high to keep things from bothering you, you are at risk.

Don't be fooled into thinking drugs and alcohol are easy to handle. They are not. Know the facts and make the right choices for your own sake.

What You Have Learned About **Drugs and Alcohol**

Write T in front of the statements that are true, and F in front of the ones that are false.

_____ 1. Divorce is common when alcohol is abused.

_____ 2. Coffee, pop, and cigarettes contain stimulants.

_____ 3. Marijuana is more powerful than hashish.

_____ 4. Heroin use often leads to crime.

_____ 5. Drugs and alcohol are easy to handle.

_____ 6. Your parents had to face the drug abuse problem when they were teenagers.

_____ 7. Marijuana can be habit-forming.

_____ 8. Birth defects can be caused by LSD use.

_____ 9. Using drugs or drinking very often is the sign of a problem.

_____ 10. Alcohol is an "upper."

_____ 11. Drug abuse can lead to child abuse.

_____ 12. "Angel dust" is a fairly safe drug.

_____ 13. Marijuana and hashish come from the same plant.

_____ 14. Drug use can help you solve problems.

_____ 15. Alcohol and barbiturates taken together can cause death.

Name: _____

Unit 18 Review

A. Put a check beside the good health habits:

____See a dentist every 6 months.
____Pick foods that have the most calories.
____Don't smoke.
____Exercise regularly.
____Keep your problems to yourself.
____Get plenty of sleep.
____Dress in the latest style.
____Do your homework.
____Maintain good nutrition.
____Deal with personal problems and stress.
____Keep your room clean.
____Eat breakfast.

B. Name 3 things you should do to take better care of your own health.

1. _____

2. _____

3. _____

C. List 3 ways to avoid falls:

1. _____
2. _____
3. _____

Give 3 safety rules for fires:

1. _____
2. _____
3. _____

Name 4 kinds of home accidents other than falls and fires:

1. _____
2. _____
3. _____
4. _____

List 3 causes of car accidents:

1. _____
2. _____
3. _____

List 2 kinds of recreation accidents:

1. _____
2. _____

D. Match the terms on the left with those on the right. Put the number of the one that matches in the blank.

1.	barbiturate	____	hallucinogen
2.	cocaine	____	"angel dust"
3.	marijuana	____	number 1 drug problem
4.	addiction	____	amphetamine
5.	hepatitis	____	using LSD
6.	PCP	____	stronger form of "cannabis sativa"
7.	very addictive	____	"hooked" on drugs
8.	hashish	____	depressant
9.	alcoholism	____	"pot"
10.	LSD	____	heroin
11.	"speed"	____	disease from a needle
12.	"tripping"	____	stimulant

My evaluation shows that I understand this unit and that I am ready to continue.

_____
Student Signature

The student has completed this unit to my satisfaction and is now ready to continue.

_____
Instructor Signature